

The Home Safety Checklist ☐ tick what's done ☐ circle what needs work

A room-by-room walk-through for families helping a parent stay at home. It takes about twenty minutes. Do it together if you can, and ask them what feels hard. They'll often know before you do.

Home of _____ Date _____ Walked through by _____

BATHROOM

1 OF 5

- ☐ Something solid to hold when sitting down and standing up at the toilet
A toilet safety rail or a grab bar fixed into studs. Not a towel rail.
- ☐ They can rise from the toilet without pushing hard on their knees
If not, a raised toilet seat or a rail can help.
- ☐ Non-slip mat or strips inside the tub or shower
- ☐ A grab bar or rail at the shower or tub entry
- ☐ A shower chair or bench if standing to wash is tiring
- ☐ Bath mat outside the tub has a rubber backing, or there is none
- ☐ Water heater set to 120°F or lower
- ☐ Toiletries reachable without bending low or stretching up

HALLWAYS & STAIRS

3 OF 5

- ☐ Light switches at both ends of halls and stairs
- ☐ Secure handrails on both sides of the stairs
- ☐ No loose rugs, or rugs fixed down with non-slip backing
- ☐ Cords and cables kept out of walking paths
- ☐ Step edges easy to see, with a contrast strip if needed
- ☐ Nothing stored on the stairs, even "just for now"

GETTING HELP

- ☐ Emergency numbers by the phone and on the fridge
- ☐ Someone checks in every day, by call or text
- ☐ A spare key with a trusted neighbor or in a lockbox

BEDROOM

2 OF 5

- ☐ Sitting on the edge of the bed, both feet rest flat on the floor
- ☐ Something firm to hold when getting up
If it's a bed rail or handle, check it meets the US standard 16 CFR 1270.
- ☐ A lamp or switch they can reach from the bed
- ☐ A night light or motion light between the bed and the bathroom
- ☐ Clear path from bed to door: no cords, shoes or clutter
- ☐ Phone or help button within reach of the bed
- ☐ A sturdy chair with arms for sitting to dress

KITCHEN & LIVING ROOM

4 OF 5

- ☐ Everyday items kept between waist and shoulder height
- ☐ A sturdy step stool with a handle, never a chair, for anything higher
- ☐ At least one chair with arms to push up from
- ☐ The sofa isn't so low or soft that standing is a struggle
- ☐ Smoke and carbon monoxide alarms tested this month

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NOTES AND THINGS TO BUY